



Discover & Explore

Social Experience Guide

October 2026 – March 2027

About ACH Group

ACH Group is a trusted not-for-profit aged care organisation that has promoted opportunities and services to support older people to live a good life since 1952.

One of the state’s leading aged care providers, ACH Group supports thousands of older South Australians.

In addition to a wide variety of accommodation offerings, with more than 400 retirement living units and six residential care homes located across metropolitan Adelaide, ACH Group provides an extensive range of help at home, health, wellbeing, respite, and social experiences.

About ACH Group Social Experiences

ACH Group offers a range of social experiences across metropolitan Adelaide, providing opportunities to meet new people, try something new, and enjoy the things you love.

Whether you are looking to stay active, learn a new skill, or spend time with others, our social experiences are designed to help you build real social connections and experience the best of what South Australia has to offer.

Led by experienced professionals, our social experiences are designed to suit a wide range of interests, abilities and goals. Whether it’s one-on-one or in a group, we have a class or experience to suit your interests and needs.

No prior experience is needed. It’s simply about getting involved, trying something new, sharing what you enjoy and connecting with others in your community.

Our team is experienced in supporting people living with neurological conditions, with practical assistance available from qualified support workers where needed.

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Payment Options

CHSP	Commonwealth Home Support Program
SAH	Support at Home
CF	Customer Funded

Learn More



Find out more about our Social Guide at achgroup.org.au/discover-and-explore

Express your interest

📞 Call 08 8159 3222
✉ Email sociallinks@ach.org.au

Please note

To help make bookings as fair and accessible as possible, we use an Expression of Interest (EOI) process for Bus Tours, Long Lunches, Night Outs and Getaways. This approach gives everyone time to consider their options and removes the need to call as soon as bookings open. To learn more about how the EOI and booking process works, visit achgroup.org.au/bookings.



Maggie Beer's Farm (Pg 11)

Day Tours

Discover, explore and connect

Enjoy discovering more of South Australia through a variety of experiences designed to bring people together while exploring the places, stories and flavours that make our state unique.

From heritage attractions, iconic landmarks and wildlife encounters to food, wine and cultural experiences, there's something for everyone to enjoy.

Travel in comfort, meet new people and relax knowing transport, entry fees and meals are all taken care of as you enjoy memorable days out across South Australia.

*All Day Tours include bus tour transport, food and entry fees. Please advise of any dietary requirements at the time of booking. Day Tours can be offered as part of community respite.

Activity Levels

Tip: When booking a Day Tour or Getaway, check the activity level to suit your comfort and mobility. Our tours are graded by activity level based on the itinerary.

Please note this is a guide only.

Light

- Suitable for most fitness levels
- Includes independently getting on and off the bus frequently
- Short walks at a relaxed pace
- Mostly flat terrain
- Ideal for customers who prefer a relaxed pace
- Suitable for people who use a walker

Example: Short scenic stops, viewpoints close to bus parking, minimal walking

Moderate

- Requires a reasonable level of mobility
- Includes independently getting on and off the bus frequently
- More walking and time spent exploring on foot
- Likely to include uneven surfaces, gentle slopes or stairs
- Suitable for customers comfortable walking for longer periods
- Suitable for people who use a walker

Example: Exploring towns, visiting museums, gardens or local attractions, longer walks

High

- Best suited to active customers with good mobility
- Includes frequent movement on and off the bus
- Longer periods of walking and standing
- May include stairs, uneven surfaces or steeper terrain
- A faster pace

Example: Cockle Train Tour, which involves moving between bus and train, walking to the lunch venue and exploring on foot. All Getaways are at this level.

Classic Carriage Ride



Enjoy a relaxing morning in Montacute Valley. Savour a traditional Devonshire tea served on fine bone china before taking a horse-drawn carriage ride through the picturesque valley, surrounded by working orchards and native bushland. Afterwards, enjoy lunch at a local hotel before returning home.

When & Where (pick up)

Tue 6 & Thu 8 Oct 2026
 Hillier & Wynn Vale

Tue 13 & Thu 15 Oct 2026
 McLaren Vale, Old Noarlunga & Morphett Vale

Mon 19 Oct 2026
 Cheltenham & Henley Beach

Tue 20 & Thu 22 Oct 2026
 Paradise & Kensington

Tue 27 & Thu 29 Oct 2026
 Cheltenham, Glengowrie & Findon

Included

- Bus Tour Transport
- Carriage ride & morning tea
- Lunch (drinks on consumption)

Activity Level

Moderate

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH		CF (Includes GST)
	Package Charge + Customer Charge	Respite Package Charge	
\$60	\$265	\$40	\$305
			\$335.50

Anlaby Homestead



Discover the charm and history of Anlaby Homestead, one of South Australia's grand Edwardian country estates. Located near Kapunda between the Barossa and Clare Valleys, the historic homestead is set among beautiful gardens and heritage buildings. Afterwards, enjoy a relaxed two-course lunch onsite.

When & Where (pick up)

Wed 7 Oct 2026
 Paradise & Kensington

Wed 14 Oct 2026
 Cheltenham, Glengowrie & Findon

Wed 21 Oct 2026
 Hillier & Wynn Vale

Wed 29 Oct 2026
 McLaren Vale, Old Noarlunga & Morphett Vale

Included

- Bus Tour Transport
- Tour & Morning Tea
- Lunch (drinks on consumption)

Activity Level

Moderate

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH		CF (Includes GST)
	Package Charge + Customer Charge	Respite Package Charge	
\$60	\$265	\$40	\$305
			\$335.50

Coopers Brewery



Go behind the scenes at one of South Australia’s most iconic brands. Visit the only brewery in the world where you can follow the brewing process from working maltings to glass. Enjoy a guided tour and beer tasting while discovering more than 160 years of brewing heritage before relaxing over lunch in the taproom and restaurant.

When & Where (pick up)

- Tue 3 & Thu 5 Nov 2026
Hillier & Wynn Vale
- Tue 10 & Thu 12 Nov 2026
McLaren Vale, Old Noarlunga & Morphett Vale
- Tue 17 & Thu 19 Nov 2026
Paradise & Kensington
- Tue 24 & Thu 26 Nov 2026
Glengowrie & Findon

Included

- Bus Tour Transport
- Tour & tasting
- Lunch (drinks on consumption)

Activity Level

High

Please note the tour includes approximately 3km of walking.

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50

Escape Room



Escape Rooms are interactive experiences where small groups work together to solve puzzles, uncover clues and complete a mission before time runs out. It’s a fun way to spend time with others, challenge your thinking and work as a team. Whether you’re a first-time player or seasoned detective, it’s a fun and rewarding challenge. Afterwards, relax over lunch at a local pub.

When & Where (pick up)

- Wed 4 Nov 2026
Paradise & Kensington
- Wed 11 Nov 2026
Cheltenham, Glengowrie & Findon
- Wed 18 Nov 2026
Hillier & Wynn Vale
- Wed 25 Nov 2026
McLaren Vale, Old Noarlunga & Morphett Vale

Included

- Bus Tour Transport
- Escape Room Experience
- Lunch (drinks on consumption)

Activity Level

Moderate

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$60	\$265	\$40	\$305	\$335.50

Hahndorf Stroll & High Tea



Discover the charm of Hahndorf’s artisan village, where more than 100 shops feature local producers, artists and designers. Wander through the village at your own pace, browsing galleries, boutiques and specialty stores. Finish the day with a delicious high tea at Bracegirdle’s and good company.

When & Where (pick up)

Mon 16 Nov 2026
Cheltenham & Henley Beach

Tue 1 Dec 2026
Hillier & Wynn Vale

Thu 3 Dec 2026
McLaren Vale, Old Noarlunga & Morphett Vale

Tue 8 Dec 2026
Paradise & Kensington

Thu 10 Dec 2026
Cheltenham, Glengowrie & Findon

Included

- Bus Tour Transport
- High Tea

Activity Level

High

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH		CF (Includes GST)
	Package Charge + Customer Charge	Respite Package Charge	
\$60	\$265	\$40	\$305
			\$335.50

Maggie Beer’s Farm



Visit Maggie Beer’s Farm Shop in the heart of the Barossa Valley and enjoy an intimate cooking demonstration in the iconic The Cook and the Chef studio kitchen. The experience begins with a welcome drink from Maggie Beer’s non-alcoholic sparkling range before a guided demonstration that explores the farm’s history and Maggie Beer’s celebrated culinary journey.

When & Where (pick up)

Tue 2 & Thu 4 Feb 2027
Hillier & Wynn Vale

Tue 9 & Thu 11 Feb 2027
McLaren Vale, Old Noarlunga & Morphett Vale

Mon 15 Feb 2027
Cheltenham & Henley Beach

Tue 16 & Thu 18 Feb 2027
Paradise & Kensington

Tue 23 & Thu 25 Feb 2027
Cheltenham, Glengowrie & Findon

Included

- Bus Tour Transport
- Welcome drink from Maggie’s non-alcoholic sparkling range
- Cooking demonstration
- Tastings
- Lunch (drinks on consumption)

Activity Level

Light

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH		CF (Includes GST)
	Package Charge + Customer Charge	Respite Package Charge	
\$60	\$265	\$40	\$305
			\$335.50

Adelaide Oval Tour



Go behind the scenes at Adelaide Oval and discover the stories, history and hidden spaces that make this iconic venue so special. Visit areas that are not usually open to the public, including inside the heritage-listed scoreboard, and hear fascinating stories from expert guides. Following the tour, enjoy lunch at a nearby hotel.

When & Where (pick up)

- Wed 27 Jan 2027
Paradise & Kensington
- Wed 3 Feb 2027
Cheltenham, Glengowrie & Findon
- Wed 10 Feb 2027
Hillier & Wynn Vale
- Wed 17 Feb 2027
McLaren Vale, Old Noarlunga & Morphett Vale

Included

- Bus Tour Transport
- Tour
- Lunch (drinks on consumption)

Activity Level
High

Please note: Tours last approximately 60 minutes at a steady walking pace and may include steps, stairs, ramps, escalators and lifts. Comfortable walking shoes and weather-appropriate clothing are strongly recommended.

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH		CF
	Package Charge + Customer Charge	Respite Package Charge	(Includes GST)
\$60	\$265	\$40	\$305
			\$335.50

Golding Wines



Relax among the beautiful gardens of Golding Wines and enjoy a memorable lunch at Ginkgo. Indulge in a seasonal shared menu showcasing the best South Australian produce, including ingredients from the estate’s own market garden, in a stunning Adelaide Hills setting.

When & Where (pick up)

- Tue 2 & Thu 4 Mar 2027
Hillier & Wynn Vale
- Tue 9 & Thu 11 Mar 2027
McLaren Vale, Old Noarlunga & Morphett Vale
- Tue 16 & Thu 18 Mar 2027
Paradise & Kensington
- Mon 22 Mar 2027
Cheltenham & Henley Beach
- Tue 23 & Thu 25 Mar 2027
Cheltenham, Glengowrie & Findon

Included

- Bus Tour Transport
- Lunch (drinks on consumption)

Activity Level
Light

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH		CF
	Package Charge + Customer Charge	Respite Package Charge	(Includes GST)
\$60	\$265	\$40	\$305
			\$335.50

Urimbirra Wildlife Park



Discover more than 400 native Australian animals at Urimbirra Wildlife Park in Hindmarsh Valley, near Victor Harbor. Wander through the park, meet koalas, kangaroos, wombats and other wildlife, and enjoy opportunities to interact with some of the animals. Afterwards, travel to Mt Compass for lunch and good company.

When & Where (pick up)

Wed 3 March 2027
Paradise & Kensington

Wed 10 March 2027
Cheltenham, Glengowrie & Findon

Wed 17 March 2027
Hillier & Wynn Vale

Wed 24 March 2027
McLaren Vale, Old Noarlunga
& Morphett Vale

Included

- Bus Tour Transport
- Entry & Koala Experience
- Lunch (drinks on consumption)

Activity Level
High

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH		CF (Includes GST)
	Package Charge + Customer Charge	Respite Package Charge	
\$60	\$265	\$40	\$305
			\$335.50

Barossa Chateau High Tea



Exclusive to
ACH Group
Retirement
Living
Residents

Enjoy a relaxing day in the Barossa Valley with a traditional high tea at Barossa Chateau. Be welcomed with a refreshing beverage, followed by a table-service high tea served on fine bone china, featuring savoury delights, sweet treats, and unlimited tea and coffee. Explore the property's history, including the beautiful Rose Garden opened by Queen Elizabeth, and visit the Diana Mitchell Gallery.

When & Where (pick up)

Mon 12 October 2026
Menzies Marden & St Georges

Mon 26 October 2026
Elkanah & Perry Park

Included

- Bus Tour Transport
- High Tea (drinks on consumption)

Activity Level
Light

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH		CF (Includes GST)
	Package Charge + Customer Charge	Respite Package Charge	
\$50	\$200	\$40	\$240
			\$264

d'Arenberg Cube



Travel to the iconic d'Arenberg Cube in McLaren Vale and be guided through the immersive Alternative Realities Museum, where art, wine and creativity come together in unexpected ways. Afterwards, enjoy a chef-selected lunch while taking in views across the surrounding vineyards.

When & Where (pick up)

Mon 1 March 2027
Menzies Marden & St Georges

Wed 24 Feb 2027
Elkanah & Perry Park

Included

- Bus Tour Transport
- Lunch (drinks on consumption)

Activity Level
Moderate

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH			CF
	Package Charge + Customer Charge		Respite Package Charge	(Includes GST)
\$50	\$200	\$40	\$240	\$264

Simply Brill



Join us for a delightful afternoon at the Arkaba Hotel and enjoy a complimentary drink on arrival before settling in for Simply Brill. This uplifting cabaret celebrates the legendary songwriters behind some of the biggest hits of the 1950s and 60s. Filled with timeless music, fascinating stories, humour and nostalgia, this feel-good performance is sure to have you singing along and reminiscing with friends.

When & Where (pick up)

Mon 9 November 2026
Doors open 1pm for 1:30pm show

- Hillier & Wynn Vale
- McLaren Vale, Old Noarlunga & Morphett Vale
- Paradise & Kensington
- Cheltenham, Glengowrie & Findon

Included

- Bus Tour Transport (optional)
- Drink on arrival
- Concert
- Complimentary parking at Arkaba Hotel & Shopping Centre for the duration of the event

Activity Level
Light

Price per person with bus pick up

CHSP	\$60
SAH	\$120
CF (Includes GST)	\$132

Price per person with 'no' bus pick up

CHSP	\$30
SAH	\$60
CF (Includes GST)	\$66



Pichi Richi Railway (Pg 22)

Getaways

Guided Getaways with Eureka Tours

ACH Group offers a variety of guided getaways in partnership with Eureka Tours and The Proud Mary Riverboat.

Discover the very best of South Australia with getaways spanning wine regions, charming seaside towns and outback landscapes, all while making new friends and creating lasting memories.

Booking Process for CHSP Customers on ACH Group Getaways

In response to customer feedback, ACH Group has introduced an online booking option while continuing to offer bookings through Customer Service for Getaways. Please note, due to recent changes in government funding, Support at Home customers are no longer funded for Getaways. Customers are welcome to participate if they choose to self-fund or are eligible through CHSP funding and meet the tour criteria below.

Getaway participants must be able to:

- Attend the getaway as an independent traveller
- Get up and down bus steps independently and frequently
- Stand for extended periods
- Walk over uneven surfaces
- Wear supportive footwear
- Use walking aids independently (if applicable)
- Manage their own personal care

How to Book

Option 1: Book online via Humanitix

Scan the QR code on the Getaways page. Book and pay for your trip when you make your booking. Only ACH Group customers are able to book. **Please note:** your booking details will be shared with our booking provider, Humanitix, so your booking information can be processed. Failure to pay upfront will result in a loss of booking.

- If you need to cancel, ACH Group's Getaway Cancellation Policy will apply.
- Customer Funded Getaways can only be booked and paid for through Humanitix.

Option 2: Express interest by phone

To express your interest in attending, call ACH Group on 08 8159 3222. A member of our Social Team will contact you later to confirm your booking. Priority will be given to:

- ACH Group customers
- Customers with correct CHSP codes, where relevant
- Customers who have not attended a Getaway or have not attended a recent Getaway
- Where possible, to support connection with existing friendship groups, friends will be selected together. Please mention any friends you wish to attend with when booking.

ACH Group reserves the right to adjust bookings based on demand and to cancel bookings where incorrect CHSP codes are provided or where we cannot safely support your physical or cognitive needs.

Proud Mary



3 days/
2 nights

Cruise the Murray River aboard the Proud Mary and take in the region's spectacular scenery, towering cliffs and abundant wildlife. Enjoy an ecologist-guided tour through the lagoons and inlets at Teal Flat, explore the river's unique landscapes, and relax with delicious meals and onshore entertainment. With comfortable river-view accommodation and ever-changing scenery, this getaway offers a memorable way to experience Australia's most famous river.

When
Fri 29 – Sun 31 January 2027



Scan Me



- Included**
- Door-to-door transport
 - Luxury air-conditioned coach
 - Cruise director and boat crew
 - Accommodation
 - Breakfast, lunch and dinner daily
 - All entry and tour fees

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

Twin	CHSP	\$1000	CF* (includes GST)	\$3190
Single		\$1600		\$3960

*Customer Funded Getaways only available for booking and payment through Humanitix.

Roxby Downs, Andamooka & Woomera



4 days/
3 nights

Discover the unique landscapes, history and communities of South Australia's outback. Explore the underground town of Andamooka, visit the famous Bottle House and Underground Museum, and learn about the world-renowned Olympic Dam mining operation. Gain insight into local conservation efforts at the Arid Recovery Centre before discovering Woomera's fascinating military and space history. The journey also includes time in Port Augusta and a visit to the beautiful Australian Arid Lands Botanic Garden.

When
Mon 10 – Thurs 13 May 2027



Scan Me



- Included**
- Door-to-door transport
 - Luxury air-conditioned coach
 - Accommodation
 - Three breakfasts, lunches and dinners
 - All entry and tour fees

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

Twin	CHSP	\$1000	CF* (includes GST)	\$3190
Single		\$1600		\$3960

*Customer Funded Getaways only available for booking and payment through Humanitix.

Mid North & Pichi Richi Railway



Explore the best of South Australia's Mid North, from the historic townships of Balaklava, Laura, Jamestown, Orroroo, Melrose and Wilmington to the region's iconic silo art in Wirrabara. Enjoy a memorable ride on the heritage Pichi Richi Railway through the scenic Flinders Ranges, explore the historic Kanyaka Ruins, sample locally crafted spirits at Flinders Gin, and experience the unique atmosphere of Peterborough's night steam train.

When

Mon 12 – Thurs 15 July 2027



Scan Me

Included

- Door-to-door transport
- Luxury air-conditioned coaches
- Accommodation
- Three breakfasts, lunches and dinners
- All entry and tour fees

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

Twin	CHSP	\$1000	CF* (includes GST)	\$3190
Single		\$1600		\$3960

*Customer Funded Getaways only available for booking and payment through Humanitix.

Gawler Ranges & Eyre Peninsula



Journey across the Eyre Peninsula and Gawler Ranges, discovering dramatic rock formations, outback landscapes and unique country towns. Visit iconic landmarks including the Big Galah at Kimba, Waddikee Rock, Pildappa Rock, Mount Wudinna and the striking Cowell silo art. Explore local history at Old Paney Homestead and Wadlata Outback Centre and experience the unique scenery and stories that make this region so memorable.

When

Mon 6 – Thurs 9 September 2027



Scan Me

Included

- Door-to-door transport
- Luxury air-conditioned coaches
- Accommodation
- Three breakfasts, lunches and dinners
- All entry and tour fees

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

Twin	CHSP	\$1000	CF* (includes GST)	\$3190
Single		\$1600		\$3960

*Customer Funded Getaways only available for booking and payment through Humanitix.



Frequent Experiences

Keep doing the things you love or try something new!

We've made it easier to find experiences that match your interests. Simply browse by category and turn to the relevant pages, or explore the full range on our website.

Frequent experiences can also be offered as part of community respite.



Arts & Culture

Pages 26 - 28



Sport & Recreation

Pages 29 - 30



Entertainment

Pages 32 - 44



Technology

Pages 45 - 46



Cambodian Community

Page 47 - 49



Carer Support

Pages 50 - 51

Art in Focus



Enjoy the benefits of creativity while exploring a variety of artistic mediums. No experience is needed. An experienced art instructor will guide you through different techniques to help you create pieces to keep and cherish. Artists also have the opportunity to participate in the South Australian Living Artists (SALA) Festival, held annually in August. It's a wonderful opportunity to exhibit your work and be part of a statewide celebration of creativity. Speak to your instructor to find out how to get involved.

Weekly 2 hour classes:

Location	Day	Time
Wynn Vale	Monday	9.30am
Glenelg	Tuesday	9.30am
Coromandel Valley	Tuesday	1pm
Marden	Wednesday	10am
Marden	Wednesday	12.30pm
Port Noarlunga	Friday	9.30am
Old Noarlunga	Friday	1pm

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$18	SAH	\$100	CF (Includes GST)	\$110
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Sing for Joy Choir



Experience the joy of singing with others and the many benefits of belonging to a choir. Sing for Joy Choirs are led by experienced, professional choir directors who guide you through weekly rehearsals. No previous singing experience is needed. You'll learn new songs and singing techniques in a fun, supportive and social environment.

Weekly 2 hour rehearsals:

Location	Day	Time
Glandore	Tuesday	10am
Findon	Tuesday	1pm
Glenelg	Wednesday	10am
Port Noarlunga	Wednesday	1pm
Dernancourt	Friday	10am
Campbelltown	Friday	1pm

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$18	SAH	\$100	CF (Includes GST)	\$110
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Pottery Class



Ready to explore the timeless craft of pottery? Learn to shape your own vessel, mug or sculpture in hands-on classes led by a qualified artist. Perfect for beginners, you'll be guided through essential techniques in a relaxed and creative environment.

Weekly 2 hour classes:

Location	Day	Time
The Potters Shed Royal Park	Tuesday	1pm

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$20	SAH	\$90	CF (Includes GST)	\$99
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Social Lawn Bowls



Whether you're an experienced player or trying for the first time, playing lawn bowls is a fun and friendly way to stay active. Learn tips and tricks from experienced players, enjoy the fresh air while enjoying the social aspect of the game. All equipment is provided, and each session wraps up with morning tea.

Location	Day	Time
Para Hills Bowling Club	Tuesday	9.30am – 11.30am
Holdfast Bay Bowling Club	Tuesday	9.30am – 11.30am
Christies Beach Bowling Club	Friday	9.30am – 11.30am

Please note: Sessions run year-round. If the weather isn't suitable, games move indoors for carpet bowls or alternative activity.

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$18	SAH	\$90	CF (Includes GST)	\$99
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Social Golf



Book a
free come
and try

Build your skills and enjoy a relaxed, social golf experience. Open to men and women, these sessions are designed for all levels and focus on practice, confidence, and social connection.

Each session may include a mix of driving range, putting green, on-course play or a chat over coffee, depending on the location and group. It's a flexible format that keeps things varied, engaging, and enjoyable.

West/South	Day	Time
Thaxted Park Golf Club	Monday	9.30am
Westward Ho Golf Club	Friday	9.30am

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$18	SAH	\$115	CF (Includes GST)	\$126.50
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If the washing
seems heavier,
a little help can
be a big help.



Support at Home with ACH Group.

Call 1300 22 44 77 or Visit achgroup.org.au

Out of the Square: Concert Series



In a small group, enjoy the magic of live music with the Out of the Square concert series.

Details of January, February and March 2027 performances were unavailable at the time of printing. For latest program information and bookings, please contact our Social Team*.

Bookings are essential. The concert series may also be offered as part of community respite.

Day	Date	Suburb	Location
October 2026			
Wed	7	Port Noarlunga	Port Noarlunga Arts Centre
Tue	6	Elizabeth	Shedley Theatre
Thu	8	Golden Grove	Golden Grove Arts Centre
Tue	13	Oaklands Park	Marion Cultural Centre
Fri	16	Angle Park	The Parks Theatre
November 2026			
Mon	9	Elizabeth	Shedley Theatre
Tue	10	Oaklands Park	Marion Cultural Centre
Wed	11	Port Noarlunga	Port Noarlunga Arts Centre
Fri	13	Angle Park	The Parks Theatre
Thu	12	Golden Grove	Golden Grove Arts Centre
December 2026			
Mon	7	Elizabeth	Shedley Theatre
Tue	8	Oaklands Park	Marion Cultural Centre
Wed	9	Port Noarlunga	Port Noarlunga Arts Centre
Fri	11	Angle Park	The Parks Theatre
Thu	17	Golden Grove	Golden Grove Arts Centre

Price per person

*Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	SAH			CF (Includes GST)
	Package Charge + Customer Charge		Respite Package Charge	
\$18	\$60	\$20	\$80	\$88

Friday Night Dinners



Join a small group for a relaxed evening out at a local pub or restaurant. Enjoy great food and engaging conversations. We cover your meal up to \$35.

Venues and dates are subject to change.

Bookings are essential. Friday Night Dinners may be offered as part of community respite.

Time

6pm - 9pm

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$20	SAH	\$130	CF (Includes GST)	\$143
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Date	Suburb	Location
October 2026		
2	Paradise	Paradise Hotel
9	Hackham	Trittico's (Italian)
16	Gilles Plains	Nor East Hotel
23	Clarence Gardens	Avoca Hotel
November 2026		
6	Newton	Rezz Hotel
13	Woodcroft	Woodcroft Hotel
20	Brahma Lodge	Brahma Lodge Hotel
27	Semaphore	Semaphore Palais
December 2026		
4	Payneham	Payneham Tavern
11	Para Hills	Para Hills Community Club
11	Hindmarsh	Hope Inn
11	Mclaren Vale	Carmel's Cafe Bar & Grill
January 2027		
8	Walkerville	Walkers Arms Hotel
22	Modbury	Modbury Hotel
22	Aldinga Beach	Breeze Café
29	Birkenhead	Birkenhead Tavern
February 2027		
5	Collinswood	Hampstead Hotel
12	Noarlunga	Jimmy Deanes
19	Fairview Park	Dimples Restaurant
26	Edwardstown	Maid of Auckland Hotel
March 2027		
5	Paradise	Paradise Hotel
12	Christies Beach	Christies Beach Hotel
19	Modbury	Paradiso Cafe and Cocktail Bar
19	Mile End	Mile End Hotel

Long Lunches – Relax, dine and connect



Enjoy delicious lunches at a variety of cafés and restaurants around Adelaide in a relaxed, social setting. It's the perfect way to discover new venues and flavours! We cover your meal up to \$30. Venue and dates are subject to change. Bookings are essential. Long Lunches can be offered as part of community respite.

Time
12.30pm – 3pm

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$18	SAH	\$110	CF (Includes GST)	\$121
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Day	Date	Suburb	Location
October 2026			
Thu	1	Modbury	Sferas, Paradiso
Thu	1	Glengowrie	Morphett Arms Hotel
Fri	2	Goodwood	The Goody Hotel
Thu	8	McLaren Vale	Carmel's
Fri	9	Golden Grove	Green Ginger
Mon	12	Stepney	The Maid Hotel
Mon	12	Seaford	Seaford Hotel
Thu	15	Old Reynella	Crown Inn
Thu	15	Glenelg	Glenelg Surf Lifesaving Club
Fri	16	Marryatville	The Marryatville Hotel
Mon	19	Gilles Plains	Nor East
Mon	19	O'Halloran Hill	Café Buongiorno's
Mon	19	West Lakes	Mosaic Hotel
Thu	22	Hallett Cove	Everest Tea House Nepalese
Fri	23	Newton	Fine Food Cucina
Mon	26	Surrey Downs	The Grove Tavern
Mon	26	O'Halloran Hill	Victoria Hotel
Thu	29	Brighton	Charlies Diner
Fri	30	Payneham	Payneham Hotel
November 2026			
Mon	2	Parafield Gardens	Kwik Stix
Mon	2	Marion	Café Finniss
Thu	5	Oakden	The Founders Restaurant
Thu	5	Christies Beach	Christies Beach Hotel
Fri	6	Paradise	Paradise Hotel
Mon	9	Northfield	Grand North
Mon	9	Hallett Cove	Cativa Cucina
Thu	12	Lonsdale	Lonsdale

Thu	12	Port Adelaide	Lavish Café
Fri	13	Norwood	The Bath Hotel
Mon	16	Modbury	Modbury Hotel
Mon	16	Marion	Club Marion
Thu	19	Reynella	Fasta Pasta
Fri	20	Parkside	Earl of Leicester Hotel
Mon	23	Tea Tree Gully	Tea Tree Gully Hotel
Mon	23	Noarlunga	Jimmy Deanes
Thu	26	Mile End	Fasta Pasta
Fri	27	Norwood	The Kensi
Mon	30	Gilles Plains	The Highlander Hotel
Mon	30	Aldinga	Aldinga Hotel
December 2026			
Thu	3	Walkerville	Walkers Arms Hotel
Fri	4	Modbury	Paradiso Cafe and Cocktail Bar
Mon	7	Mawson Lakes	Mawson Lakes Hotel
Mon	7	Willunga	Willunga Hotel
Thu	10	Seaford	San Marino's
Thu	10	Marino	The Rocks
Fri	11	Norwood	Robin Hood Hotel
Mon	14	Windsor Gardens	Windsor Hotel
Mon	14	Aldinga Beach	Breeze Café
Mon	14	West Lakes	Café Syndicate
Thu	17	Woodcroft	Woodcroft Hotel
Fri	18	Golden Grove	Green Ginger
January 2027			
Thu	7	Glenelg	Watermark
Fri	8	Norwood	The Republic Hotel
Mon	11	St Kilda	St Kilda Hotel
Mon	11	Torrensville	Crossover Vietnamese

Thu	14	Hackham	Aussie Inn
Fri	15	Kent Town	Kent Town Hotel
Mon	18	Tea Tree Gully	Tea Tree Gully Hotel
Mon	18	Hackham	Mick O'Sheas
Thu	21	Marion	Marion Hotel
Fri	22	Newton	Rezz Hotel
Mon	25	Gawler	Gawler Arms Hotel
Mon	25	Old Reynella	St. Francis Winery
Mon	25	Port Adelaide	Lighthouse Wharf
Thu	28	Aldinga	Aldinga Bay Café (Indian)
Fri	29	Collinswood	Hampstead Hotel
February 2027			
Mon	1	Parafield Gardens	Kwik Stix
Mon	1	Hallett Cove	The Cove Tavern
Thu	4	Oakden	Founders Restaurant
Thu	4	Glenelg	The Holdy
Fri	5	Marryatville	Marryatville Hotel
Mon	8	Pooraka	Bridgeway Hotel
Mon	8	Willunga	Old Bush Inn
Mon	8	Edwardstown	Castle Tavern Castle Plaza
Thu	11	Old Noarlunga	The Oldy
Fri	12	Paradise	Paradise Hotel
Mon	15	Windsor Gardens	Windsor Hotel
Thu	18	Morphett Vale	The Emu
Thu	18	Port Adelaide	Pirate Life Brewing
Fri	19	Golden Grove	Green Ginger
Mon	22	Gilles Plains	Nor East
Mon	22	Brighton	Fasta Pasta
Thu	25	Christies Beach	Fasta Pasta
Fri	26	Goodwood	The Goody Hotel

March 2027			
Mon	1	Modbury	Modbury Hotel
Mon	1	Reynella	Bollywood Bites (Indian)
Thurs	4	Fairview Park	Dimples Restaurant
Thu	4	Glenelg	Glenelg Surf Lifesaving Club
Fri	5	Norwood	Bath Hotel
Thu	11	Willunga	Willunga Golf Club
Fri	12	Norwood	Kensi Hotel
Mon	15	Gawler	Southern Hotel
Mon	15	Darlington	Flagstaff Hotel
Thu	18	Largs Bay	Largs Pier
Fri	19	Stepney	The Maid Hotel
Mon	22	Modbury North	Clovercrest Hotel
Mon	22	Semaphore	Semaphore Hotel
Thu	25	O'Halloran Hill	O'Halloran Hill Vietnamese

NEW Connection and Friendship Club



Looking to meet new people and make new friends? Enjoy a relaxed day of social connection, games, exercises and food in a welcoming environment. It's a great opportunity to connect with others, build friendships, share experiences and enjoy good company.

Location	Day	Time
Ngutungka Henley Beach	Friday	10.00am – 2:00pm
Seaton Community Centre	Wednesday	9.30am – 1:30pm

Bookings are essential.

Price per person

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$15	SAH	\$170	CF (Includes GST)	\$187
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Just Blokes Monthly Lunches



This one is just for the blokes! Catch up over a hearty lunch at local pubs, cafés and restaurants around Adelaide. Whether you are up for a laugh, or just a good meal, we’ve got you covered, up to \$30 per meal. Just Blokes Monthly Lunches can be offered as part of community respite.

Time
12.30pm – 3pm

Price per person Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$18	SAH	\$110	CF (Includes GST)	\$121
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Date	Suburb	Location
October 2026		
28	Camden Park	The Junction Morphettville Racecourse
29	Elizabeth North	Red Lion Hotel
November 2026		
26	Northfield	Grand North
27	Seaford	San Marinos
January 2027		
28	Elizabeth	Playford Tavern
29	Noarlunga	Jimmy Deanes
February 2027		
24	Port Adelaide	Pirate Life Brewing
25	Oakden	The Founders Restaurant
March 2027		
25	Port Noarlunga	Port Noarlunga Hotel
26	Mawson Lakes	Mawson Lakes Hotel

One-on-One: Personalised Social Connection



This experience is all about you. Whether it's a stroll through your favourite local spot or a cuppa and a chat at home, an ACH Group support worker will be there to support you. Tailored to your interests, this one-on-one experience offers meaningful connection in a relaxed and familiar setting either at home or in your community.

Time

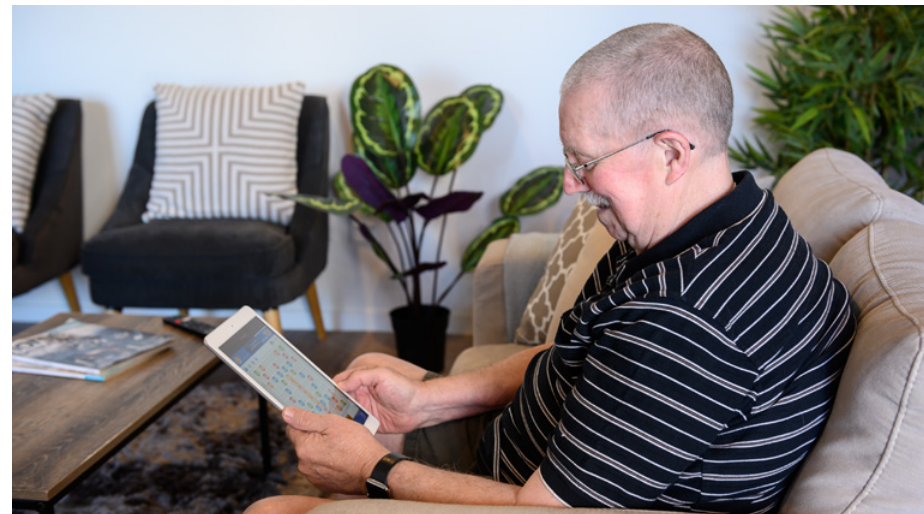
Monday – Friday, 6am – 8pm

Price per person per hour

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$20	SAH	\$130	CF (Includes GST)	\$143
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Expert Tech Coaching: Confidence with every click



Whether you're setting up a new device or learning to navigate the digital world, our friendly IT experts are here to help. Receive hands-on support with tablets, mobile phones, computers and home technology. Learn how to shop online, access myGov, stream music and manage your health records.

All sessions are tailored to your needs and delivered in the comfort of your own home.

When & Where

5 hours required, split over multiple in-home sessions.
Additional hours available upon request.

Price per 5 hours

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$115	SAH	\$795 + travel quoted upon booking
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Personalised Photobooks



Do you have a drawer full of cherished photos or a digital device filled with memories? Learn how to create your own treasured album. We'll guide you through creating personalised photobooks with captions, stories and custom backgrounds, resulting in a beautiful keepsake that tells your unique story.

When & Where

5 hours, split over multiple in-home sessions.

Price per 5 hours

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$115	SAH	\$795 + travel quoted upon booking
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Record Your Life Story

Share your unique life journey with family and friends, creating a gift they'll treasure for years to come. Record your memories with our support, from getting started on a device you're comfortable using to exploring the significant chapters of your life. We'll help you capture and preserve your experiences in your own words.

When & Where

5 hours, split over multiple in-home sessions.

Price per 5 hours

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$115	SAH	\$795 + travel quoted upon booking
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Weekly Social Groups – Cambodian Community



At ACH Group, we are dedicated to working with the Cambodian Community in a way that deeply respects the spiritual beliefs, customs, and preferences.

Our weekly social group offers a wonderful opportunity to connect with like-minded people, make new friends, and participate in enjoyable exercises and dance. Additionally, a qualified interpreter is available to assist you fortnightly with translating documents if needed. Culturally appropriate food is provided, and our friendly staff speak Khmer.

Weekly social groups can be offered as part of community respite.

Location	Day	Time
Salisbury Villa Soccer Club	Tuesday	10am - 2pm

Price per session

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$0	SAH	\$88	CF (Includes GST)	\$96.80
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Temple Visits – Cambodian Community



Temple visits offer a unique and enriching spiritual experience for attendees. Pray, meditate, and chant with monks, as you learn about spirituality and well-being to find calmness and peace. Please remember to bring food to share with the monks. Temple visits are offered for the Cambodian Community.

Temple visits can be offered as part of community respite.

Location	Day	Time
Salisbury Highway Temple (Wat Khmer Adelaide)	Monday	10am - 1.30pm
Paralowie Temple (Wat Khmer Santipheap)	Thursday	10am - 1.30pm
McDonald Park Temple (Watt Preah Puth Mean Chey)	Friday	10am - 1.30pm

Price per visit

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$0	SAH	\$88	CF (Includes GST)	\$96.80
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Day Tours – Cambodian Community



Enjoy monthly hosted day tours thoughtfully tailored for the Cambodian Community, as we explore the diverse beauty of South Australia. These all-inclusive, interpreter-supported bus tours feature a new itinerary each month – offering a welcoming, social, and culturally enriching experience for all who join.

Bus tours can be offered as part of community respite.

Price per session

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$60	SAH Package Charge	\$305	CF (Includes GST)	\$335.50
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Out & About: Social Connection & Carer Respite



This group supports people seeking social connections and is inclusive of people living with memory loss. The group enjoys lunch together and takes part in word and board games. The program offers short-term respite for carers.

Door-to-door transport is quoted when booking.

Out & About is offered as part of community respite.

Weekly 2 hour sessions:

Location	Day	Time
South/West	Wednesday	12pm
South/West	Thursday	12pm

Price per session

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$36	SAH	\$180	CF (Includes GST)	\$198
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Perry Park (Port Noarlunga) Community Respite



Perry Park Community Respite offers an enriching long-day respite for individuals living in the community, providing opportunities to socialise and engage in enjoyable experiences.

It provides a wonderful opportunity to connect with others who share similar life experiences and, where possible, enhance skills and capabilities. Experiences vary daily and include singing in a choir with a professional choir director, exploring various art techniques in an art class with qualified teachers, and chair-based exercises.

A nutritious lunch designed with a dietitian, plus a light morning and afternoon tea is provided.

When & Where

Tuesday to Thursday

9am – 4pm

28 River Rd, Port Noarlunga SA

Price per day

Call 08 8159 3222 | Email sociallinks@ach.org.au

CHSP	\$45	SAH	\$245	CF (Includes GST)	\$269.50
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Cancellation Policy and Conditions

Group and Individual Social Experiences

The notice period for customer cancellations for social experiences is 24 hours. If a cancellation is made with less than 24 hours' notice, the full fee for the experience will be charged.

Bus Tours

The notice period for customer cancellations of bus trips is 48 hours.

Getaways

The notice period for customer cancellations for getaways is 4 weeks prior to departure. Payments made in advance will be refunded in full if cancellation is made before the notice period.

The full cost of the getaway will be charged if the getaway is cancelled with less than four weeks' notice prior to departure.

ACH Group recommends that customers organise travel insurance. This provides cover for unexpected events that could happen when travelling, including cancellations.

Conditions

It is the customer's responsibility to:

- Provide an expression of interest for each experience they wish to attend.
- Notify ACH Group of the use of mobility aids at the time of the expression of interest for each experience and to bring these with them.
- Inform ACH Group of any dietary requirements at the time of making the expression of interest for each experience. Dietary requirements that are not informed or provided late may not be able to be accommodated.

Please note:

- All information is correct at the time of printing.
- Venues, dates, times and pricing are subject to change.
- CHSP and SAH* prices are not inclusive of GST.
- Customer funded prices are inclusive of GST.



Become a volunteer with ACH Group

When you volunteer with ACH Group you can make a positive difference to the lives of older people, as well as enriching your own life. We aim to link you to a role that suits your interests, allowing you the opportunity to share your personal skills and talents.

Ready to start something new?

Call 1300 22 44 77
visit achgroup.org.au/volunteering
or email volunteers@ach.org.au

Scan Me



Health Studio Services

Your partner in health and ageing well

Our Health Studio programs are designed specifically for older adults and combine safe, effective exercise with expert advice.

Whether you want to improve your balance, build strength, or manage a health condition, we'll work with you to create a plan that suits your needs.

You can choose from:

- One-on-one sessions tailored to your goals.
- Group classes that are social, supportive, and fun.
- Allied health services including physiotherapy, exercise physiology, podiatry, and more.
- Health and wellbeing at home - if you prefer we can bring the services to you.

Ready to start your health journey?

Christie Downs, Glenelg and Rostrevor
Call 8159 3500
visit achgroup.org.au/studio

Scan Me



"Prioritising my health and fitness has meant I've been able to keep doing the things that make my life great."

Susan, Rostrevor Health Studio customer.



Simply BRILL

"THE TEENS WHO STOLE
60's ROCK N ROLL"

BIGGEST hits of
the 1950s & 60s

Scan QR
to book
tickets



Mon 9 November 2026
Arkaba Hotel

See page 17 for more information